

DHARMA ART

Open to the Senses

An exhibit of works produced by local artist members of our Center will be on view at the Center beginning Saturday, October 4th. The public is cordially invited to come Saturdays between 1 and 3:30 PM and Sundays, beginning October 19th, from 1-3:30 as well as to the opening reception on Sunday October 12 from 4-7.

This is a truly diverse show including a rare exhibit that brings together for the first time in one space, the art of people who practice meditation and the view of compassion.

Among the works are paintings, stone sculpture, ceramic sculpture, photographs, jewelry and stained glass.

Tune has built 4 sculpture pillars which she has donated to the Center.

Hosts are needed for Saturday October 18th and 25th as well as Sunday the 26th. Food for the reception on Sunday the 12th is provided by Barbara and Tune. Set-up assistance from 2-4 is needed. Please help as you can.

LOCAL EVENTS

Harvest of Peace Dance

Saturday, October 4th from 8 to mid-night at the Masonic Lodge; this is a celebration sponsored by us! Starring Linda Warnaar's band **El Mundo**, this event supports our aspirations toward more community outreach. There will be a suggested donation of \$10. **Josh Silberstein** from Karmê Chöling has agreed to be a featured performer.

We need some help with decorating (quite minor); gate keeping; Set-up (again, minor) and next day clean-up Can we count on you? Tell Barry at barry@hereandnow.com.

Book Study Course

Tentatively Tuesdays, October 21 through November 18, at Northern Lights Bookstore, Sarah Littlefeather will begin a series of classes based on Cutting Through Spiritual Materialism, a seminal book by the Vidyadhara. Exact time will be announced.

Reception for a Visiting Teacher

We are cordially invited on October 12th to a tea and reception to welcome the Ven. Khenpo Sonam Tobgyal, Rinpoche to St Johnsburry at the home of Ric Walter & Suellyn Whittington at 1:30 PM.

A close personal friend of Lady Kunchuk (the Sakyong's mother) and Dharma brother husband, Lama Pegyal, Sonam, Rinpoche is the founder of the Riwoche Temple in Toronto. He was spiritual advisor to the Burlington Tibetan Resettlement Project fro 1992-99.

An accomplished Dzogchen master, Rinpoche is trying to preserve the teachings of the Taklung Kagu lineage.

Please come and learn how, through his tireless efforts, Sonam Rinpoche is working to save an entire lineage from extinction.

We can RSVP or get more information by calling Gerry Haase at 748-4677

Karme Choling

The KCL Board is meeting the weekend of Oct. 4 & 5. All are welcome to sit in on the meeting during Saturday morning and early afternoon.

Prison Dharma

Several of us have filled out the forms to be volunteers at the Grafton County, NH Jail, where we will be able to give meditation instruction to an inmate who has requested it and perhaps to others.

Shambhala Congress

The Shambhala Congress will take place in Halifax November, 4- 9. Our Center will be sending Newcomb as the Director representative and Madge as a Community delegate. We will be entirely well represented as both Gerry Haase and Sarah Littlefeather will donate their energy and presence to the gathering.

Yet to be scheduled is a Community Meeting for all of us to relate any concerns or question to be addressed at the Congress.

CENTER EVENTSCommittee Report

On Friday October 10th, at 7pm the Tagrup Mukpo (Tagi's) Committee will make a presentation to our community.

Sakyong's Visit

We have invited the Sakyong to visit the center to give a talk or attend the opening of the art show. There has not yet been any response.

EXECUTIVE COMMITTEEStudies

The Core Curriculum classes are about to begin Tuesdays in November. We need to find a cadre of teachers to teach this vast body of material. Please join the effort.

Newcomb's talk on Taking Refuge is available on audio tape at our library for those unable to attend.

Folks attending various programs or working with different teachers and traditions will be encouraged to share their experience for **Thursday night talks**.

Anne Stevens and Mary Beth Furr are compiling a list of community members who could be potential teachers of future classes

Facilities

We are committed to researching the physical/fiscal viability of adding a stair-lift

Publicity

Tune will organize a system of distributors of flyers for various locations. We should all consider place we frequent with bulletin boards or community postings. This system is by far the most efficient means for *getting out the word*.

Finances

Our yard sale on Saturday was a roaring success. We made over **\$1400!** Thanks to all of us who contributed items, loaded trucks, priced things, dickered, and cleaned up. It was fun.

Personnel

Coordinators: Tune Faulkner & Newcomb Greenleaf
Practice: Mary Beth Furr
Finance: Vicky Schafer & Emily McAdoo
Facilities: Michael Leszczynski
Publicity: Sal DeMaio
Study: Anne Stevens
Secretary Karen Bufka
Rusung: Michael Taney
Membership: Barry Rossinoff

Karen Bufka's thorough Executive Committee meetings minutes are now posted on the Center bulletin board. There is also a handout from Emily which breaks down all our income and expenses in a folder in our office.

CENTER WEBSITEUpdate

Updated pages at the St.J Center website:

Schedule of Public Events:

<http://stjshambhala.org/schedule.html>

Shrine room Rota:

<http://stjshambhala.org/umdze/index.html>

Email / Phone list:

<http://stjshambhala.org/umdze/phone.html>

Newsletter Archive:

<http://stjshambhala.org/umdze/index.html#newsletters>



RIGHT SERVICE

The Vermont Department of Aging and Disabilities and the Council of Vermont Elders (COVE) have received significant federal and private grants to develop a professional care givers association in the state. Susan Shaw, a care giver for elders in their homes, and Sarah Littlefeather, a care recipient and advocate, are members of the COVE task force charged with bringing such an association into being. Last month, Susan and Sarah joined several other professional care givers, the grant director and two facilitators for a planning retreat in Killington. Out of a vision of being a catalyst for change for care givers in all health care settings, the Vermont Association of Professional Care Providers (VAPCP) was born. The association's membership will be people who are employed to provide direct care and personal assistance, while associate members might include care recipients and their families, employers, advocates, and other stakeholders.

Graphic images of the big living heart that motivates a dedicated care giver and a gloriously shining sun representing the well being of those providing service and those receiving it guide the work of the two-day retreat. Quality of life for both is undeniably interdependent. By advancing the professional growth, employment opportunities, and quality of life through adequate pay and benefits for people who provide personal care services, clients and their families are put at greater ease knowing that the service they receive is expert and reliable.

Susan and Sarah will be meeting monthly over the next year with other VAPCP task force members via Vermont Interactive Television to work on strategic planning issues. Stay tuned for more ground breaking news on this very important project.

QUOTE OF THE MONTH

"A glimpse of Buddha Nature is not a glimpse in the sense of viewing something: it is a gap rather than a glimpse. That gap is the experience that comes out of seeing through the veils of ego. But whether we have a glimpse of it or not, the Buddha Mind is still functioning in us all the time. It occurs in the most bizarre, cheap, and confused styles we might present, as well as in whatever extremely profound, dignified and wise experiences we might have. All of those are the expressions of Buddha Nature."

Chogyam Trungpa, Glimpses of Mahayana

ACKNOWLEDGMENTS

- Thank you to Barbara Moraff for making a special container for the Vidyadhara's relics. They now grace our shrine.
- Grateful thanks to **Troll Press** who provides the printed version of this newsletter free of charge for us.
- Sadhakas have donated a 30 piece set of plates to the center to be used for feasts and other functions. Thank you!

CONTRIBUTIONS

Your newsletter invites your comments, ideas and items for inclusion. Contact Barry - barry@hereandnow.com



Shambhala Center of St. Johnsbury

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Silent Sitting 6:00	2 Tai Chi 4:00 Sitting 6:00 Thursday Night Talk 7:10	3 Open House at White River Junction Shambhala Group	4 Open to the Senses 1:00-3:30 Harvest of Peace Dance
5 Nyinthun 9:00-12:00 and 1:30-4:30	6	7 Tai Chi 5:00 Executive Committee 6:30	8 Silent Sitting 6:00 Sakyong Mipham at Karne Choling opening talk 8:00	9 Tai Chi 4:00 Sitting 6:00 Thursday Night Talk 7:10	10 Sadhana of Mahamudra 6:00 Community Meeting on care for Tagdruk Mukpo 7:00	11 Refuge Vow with Sakyong Mipham at Karne Choling Open to the Senses 1:00-3:30
12 Learn to Meditate 10:00 Sitting 11:00-12:00 Refuge Vow (cont.) Open to the Senses art show reception 4:00	13	14 Tai Chi 5:00	15 Silent Sitting 6:00	16 Tai Chi 4:00 Sitting 6:00 Thursday Night Talk 7:10	17	18 Open to the Senses 1:00-3:30
19 Sitting 11:00-12:00 Open to the Senses 1:00- 4:00	20	21 Tai Chi 5:00 Cutting Through class at Northern Lights	22 Silent Sitting 6:00	23 Tai Chi 4:00 Sitting 6:00 Thursday Night Talk 7:10	24	25 Bodhisatta Vow with Sakyong Mipham at Karne Choling Open to the Senses 1:00-3:30 Sadhana of Mahamudra 6:00
26 Bodh. Vow (cont.) Sitting 11:00-12:00 Open to the Senses 1:00-4:00	27	28 Tai Chi 5:00 Cutting Through class at Northern Lights	29 Silent Sitting 6:00	30 Tai Chi 4:00 Sitting 6:00 Thursday Night Talk 7:10	31	

October 2003